

PEARCE POWER PROGRAMS!

BY KARI PEARCE

ALL YOU NEED IS
10 MINS!

GET FIT FAST!

TRAIN AT
HOME WITH
KARI PEARCE!

4X FITTEST
WOMAN
IN THE US!



- ✓ SCULPT
- ✓ DEFINE
- ✓ TRIM
- ✓ TONE

6X CROSSFIT
GAMES
COMPETITOR

2023 CATALOG EDITION!

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DISCLAIMER

You should consult your physician or other health care professional before starting this or any other fitness program. The exercises provided are for educational and entertainment purposes only and are not to be interpreted as a recommendation for a specific treatment plan, product, or course of action. Exercise is not without its risks, and this or any other exercise program may result in injury. They include but are not limited to: risk of injury, aggravation of a pre-existing condition, or adverse effect of over-exertion such as muscle strain, abnormal blood pressure, fainting, disorders of heartbeat, and very rare instances of a heart attack. To reduce the risk of injury, before beginning this or any exercise program, please consult a healthcare provider for appropriate exercise prescription and safety precautions. The exercise instruction and advice presented are in no way intended as a substitute for medical consultation.

PearcePointers, Kari Pearce, KP Fitness LLC, and M. Gordon Publishing Group, Inc, disclaims any liability from and in connection with this program. As with any exercise program, if at any point during your workout you begin to feel faint, dizzy, or have physical discomfort, you should stop immediately and consult a physician.

Results vary depending on starting point, goals and effort. Exercise and proper diet are necessary to achieve and maintain weight loss and muscle definition. The testimonials featured may have used more than one PowerAbs, PowerGlutes, or related products or extended the program to achieve their maximum results.

M. Gordon Publishing Group, Inc.
8270 Woodland Center Blvd.,
Tampa, FL 33614



“

I have done CrossFit now for 3.5 years, and while I'm happy with my results overall I've never really had a real 6 pack.

I can't believe the results even after only two weeks, getting myself ready for Extreme PowerAbs after

Naomi Walker ★★★★★



“

...In the left pic, I'll have you know I'm also flexing very hard 😊 So why don't I have a 6 pack?

The picture on the right is when my life was changed by PowerAbs.

Yes I said it. And in 30 freaking days...

Rachel Word ★★★★★

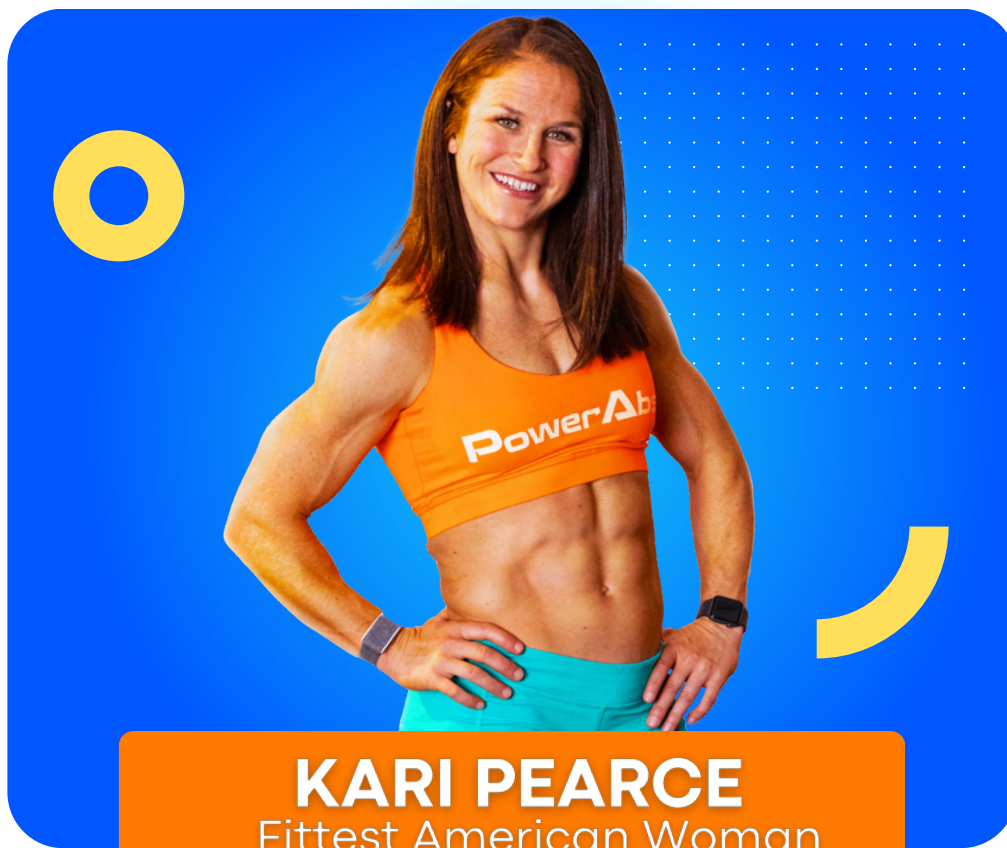


“

... It was love at first sight when I saw Kari Pearce with her Abs. I clicked it and boom!! Ordered PowerAbs.

Week 1 was hard. Then week 2 passed and I saw it with my Eyes.👁️👁️ I fell in love with my tummy.

Lilly Bello ★★★★★



KARI PEARCE

Fittest American Woman
'16, '18, '19, And '20

Hi, I'm Kari Pearce, 6 times CrossFit Games competitor and Fittest Woman in the United States in 2016, 2018, 2019, and 2020.

I'm also the creator of *PowerAbs!* and *PHIIT* the revolutionary, 10 minute a day fitness programs you can do anywhere!

Over the past three years, hundreds of thousands of people from over 150 countries have successfully completed my 10-minute *Pearce Power Programs* and *PHIIT Programs* and have seen amazing, body-changing results.

"Fitness is my passion and I love sharing it with you! Making you fitter, healthier and happier is my mission and I'm so excited to share my Power Programs with you!"

MY POWER PROGRAMS!



There are 26 Pearce Power and PHIT Programs!

Each workout is 10 minutes of high intensity exercise to burn calories and fat, build lean muscle, and get you in the fittest shape of your life!

To order any of my programs, go to...

www.PowerAbs.Shop

CATEGORY



POWER HIIT

POWER HIIT PROGRAMS CREATED BY KARI PEARCE WILL CHANGE YOUR BODY IN ONLY 10 MINUTES A DAY.



- ✓ Burn calories
- ✓ Build sexy lean muscle
- ✓ Torch fat
- ✓ Lose weight

FULL BODY

2 LEVELS

WITH EQUIPMENT

PHIIT



BUY NOW



MAKING HIIT BETTER, AND MAKING YOU FITTER, FASTER!

ABOUT PHIIT

PHIIT by Kari Pearce is a full-body, 5 day a week, 10 minute a day, high intensity program taught by me. I'll assure your body gets the maximum results in the shortest amount of time.

As long as you want to change your body... give me only 10 minutes a day and it will happen... fast! Each workout is 10 minutes of high intensity, full-body exercises to burn calories and fat, build sexy lean muscle, and get you in the fittest shape of your life!



It's only 10 mins and I love that we can take these programs anywhere! Back to it today in the hotel gym and I'm PHIIIT'ing it on vacation. Zero excuses!

Caroline Adams ★★★★★

FULL BODY

3 LEVELS

WITH EQUIPMENT

PHITTER



BUY NOW



**GET READY TO BURN CALORIES,
TORCH FAT, AND BUILD SEXY LEAN
MUSCLE... FAST!**

ABOUT PHITTER

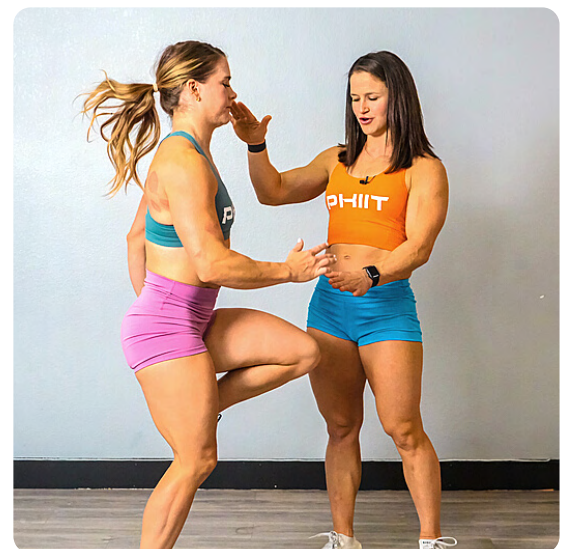
You want to sweat! You want to feel the burn!

You want to feel good and look even better. You want a full-body, fat burning, sleek muscle building program that brings you visible results in only 10 minutes a day.

You want insane results you see and feel... fast!

PHITTER is the program you have been waiting for! PHITTER is your next level, full body, total results Power HIIT workout.

PHITTER will make your heart thump and get your blood-pumping as it takes your workouts to the next level.



FULL BODY

2 LEVELS

WITH EQUIPMENT

PHIITTEST



BUY NOW



**YOUR ENTIRE BODY WILL LOOK FIT,
LEAN, AND STRONG... GUARANTEED!**

ABOUT PHIITTEST

Level One is an advanced, high intensity workout. You will need light to moderate dumbbells appropriate to your fitness level for this workout.

Trust me! Level One will absolutely push you hard... this is your personal challenge!

Once you've conquered the Level One workouts, congratulations...you're ready to move up to Level Two.

Level Two is beyond extreme and is the most challenging, intense, heart-pounding workout I've ever created!

You've never experienced this level of intensity before!



FULL-BODY

2 LEVELS

WITH EQUIPMENT

Low Impact PHIT



BUY NOW



**LOW IMPACT... HIGH INTENSITY...
STUNNING RESULTS!**

ABOUT LOW IMPACT PHIT

Low Impact PHIT is not your grandmother's low impact workout!

This all new-high-intensity program will work your entire body from head to toe and you will work up a sweat! In just 10 minutes a day with *Low Impact PHIT*, you'll build lean muscle, burn calories, and strip away body fat.

I'm telling you, it may be called "low impact" but *Low Impact PHIT* is a high-intensity, full body workout created to get you the results you want fast... all without jumping!



FULL-BODY

2 LEVELS

WITH EQUIPMENT

PHIIT Mom



BUY NOW



**FITNESS FOR MOMS REVOLUTIONIZED...
THE SECRET TO BEING A PHIIT MOM!**

ABOUT PHIIT MOM

PHIIT Mom is 10 minutes a day of muscle building, calorie burning, high-intensity workouts, specifically for moms, taught by my co-creator Rachel Bowles and two demonstrators.

Every movement in PHIIT Mom is designed to help you build muscle, strengthen your full-body (including your pelvic floor), and melt away body fat in only 10 minutes a day.

All you need to get stronger, fitter, and healthier than ever before is PHIIT Mom, 10 minutes, and a set of dumbbells.



FULL-BODY

2 LEVELS

WITH EQUIPMENT

Super PHIT



BUY NOW



STRIP AWAY BODY FAT, QUICKLY LOSE WEIGHT, AND BUILD SEXY, LEAN MUSCLE... IN ONLY 10 MINUTES A DAY!

ABOUT SUPER PHIT

Super PHIT is a true Total Body Power Workout.

Super PHIT is my 5 day, 10 minute a day program that's going to get you stronger, build lean muscle, and strip away that unwanted body fat unlike any other program you've done before.

Super PHIT combines moderate to heavier weight training with high intensity cardio that will rapidly sculpt your body...all in only 10 minutes a day.

Each workout is 10 minutes of high-intensity, cardio, and strength exercises designed to torch calories and fat, build lean muscle, and get you in the fittest shape of your life!



FULL BODY

2 LEVELS

WITH EQUIPMENT

PHIIT Strength



BUY NOW



**I'LL MAKE YOU STRONGER...
GUARANTEED!**

ABOUT PHIIT STRENGTH

Historically, women have been discouraged from being strong.

All you have to do is look at any fashion trend. Strong and fit were out. Unhealthy body goals were in.

THOSE DAYS ARE OVER!

Welcome to 2021! The days of avoiding strength training because that's what society told us to do is over!

Women today want to become stronger and they are doing just that!

My PHIIT Strength program is specifically designed to build your strength!

BEING STRONGER MEANS BEING HEALTHIER AND POTENTIALLY LIVING A LONGER, AND HAPPIER LIFE, NO MATTER WHEN YOU START STRENGTH TRAINING.



FULL-BODY

2 LEVELS

WITH EQUIPMENT

PHIIT Strength Pro



BUY NOW



FOR WOMEN WHO WANT TO TAKE THEIR STRENGTH TO THE NEXT LEVEL...

ABOUT PHIIT STRENGTH PRO

Be Stronger! Look Great!

You're strong. Now you want to become even stronger!
You're ready for the next challenge that will take your strength beyond where you are today.

You want to be stronger than today, fitter, and more defined than you had ever thought you could be. My all new PHIIT Strength Pro program will take your strength goals and smash them in only 30 days!

With heavier dumbbells, all new movements, tempos, and routines, it's far more advanced and more challenging than the original PHIIT Strength program.



CATEGORY



21STRONG

**FULL BODY, HIGH-INTENSITY
CHALLENGE, LED BY KARI PEARCE
LIVE, FIVE DAYS A WEEK!**



- ✓ Burn calories
- ✓ Torch fat
- ✓ Build sexy lean muscle
- ✓ Sculpt the body of your dreams

FULL-BODY

2 LEVELS

WITH EQUIPMENT

21Strong



BUY NOW



**IMAGINE HAVING THE BODY OF YOUR DREAMS
IN ONLY 21 MINUTES A DAY!**

ABOUT 21STRONG

Are you ready to transform your body in only 21 minutes a day?

21Strong is my all-new 5 day a week, 21 minute full body transformation program designed to level up your results like you've never seen before.

My 10 minute Pearce Power Programs build muscle..

My 10 minute PHIT (Power HIIT) Programs are high intensity, workouts that give you even better results than the old-school 45 minute workouts.

I've now married the two together to give you a full body, fat burning, sleek muscle building program to bring you insane results in only 21 minutes a day! This is the at-home workout you've been looking for!



FULL-BODY

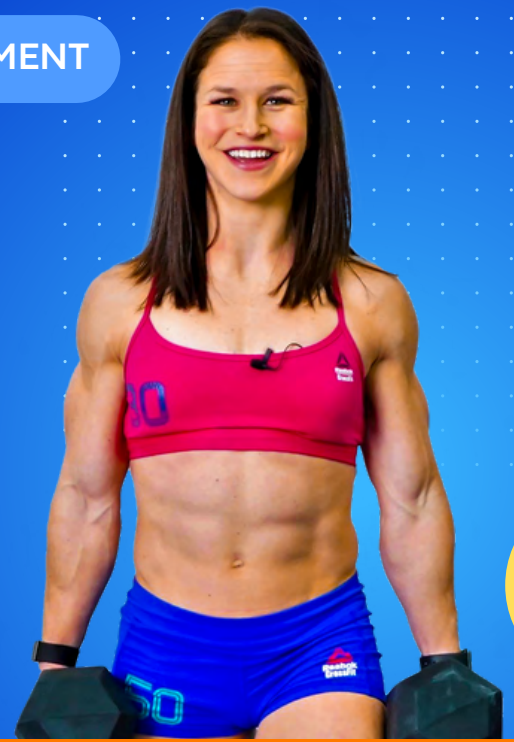
2 LEVELS

WITH EQUIPMENT

21 Day Body Transformation!



BUY NOW



21 MINUTES...21 DAYS...TO THE BODY OF YOUR DREAMS!

ABOUT 21 DAY BODY TRANSFORMATION!

21-Day Body Transformation has been specially created to burn fat, tighten, tone, shred, and sculpt your body in only 21 days.

In 21 days, working out for just 21 minutes a day, you'll see a complete head-to-toe transformation in your body.

You'll burn fat, have toned abs, sculpted arms, lean muscular legs, a gravity-defying booty, and a sexy body you'll be proud to show off!

In 21 minutes you will be dripping with sweat as you torch calories while you're sculpting your dream body.



CATEGORY



POWER PROGRAMS

GET YOUR ABS, LEGS, GLUTES AND ARMS TONED, FIRM, AND DEFINED LIKE NO OTHER PROGRAM...ONLY 10 MINUTES A DAY!



- ✓ Have more definition
- ✓ Become fitter
- ✓ Torch excess fat
- ✓ Lose weight



ABS

2 LEVELS

NO EQUIPMENT NEEDED

OVER
100,000 COPIES
SOLD!

PowerAbs!



BUY NOW

HOW WOULD YOU LIKE ABS LIKE THIS?!!

ABOUT POWERABS!

PowerAbs! is designed to work your entire core every workout. Your abs will be challenged more than ever with my program. This means you will see real results faster!

Each 10-minute workout is designed to trim your waist, eliminate that muffin top, and sculpt definition with no equipment needed.

In 30 days, you'll build your ab muscles and burn fat to show off sculpted muscles you didn't even know existed.



...I'm shocked that a 10 min workout 5 days a week can give these types of results! Each time I've done a workout I've done better than the previous time! It's just more proof that I'm getting stronger, which keeps me motivated and excited to keep going!

Today, I'm 30 lbs down and have 120 days of PowerAbs programs under my belt! Can't wait to keep going!!

Zena Burgeson Logue ★★★★★

ABS

2 LEVELS

NO EQUIPMENT NEEDED

Introduction To PowerAbs!



BUY NOW



THE FIRST STEP IN YOUR JOURNEY TO GREAT ABS!

ABOUT INTRODUCTION TO POWERABS

Introduction To PowerAbs is your no excuse, 10-minute a day, beginners level abs workout program that anyone can do.

You will see and feel a difference in your body, have more definition, and shred inches in only 30 days!

Introduction To PowerAbs helps you to get all of the benefits of my original PowerAbs workout - flatter stomach, trimmer waist, and stronger core that works up a sweat - without high impact, high-intensity movements.



I completed Introduction To PowerAbs while doing PowerAbs in the Kitchen I started seeing results in just one short week!!! If you are just starting your fitness journey and want results fast check this program out.

Emily Glover ★★★★★

This was the perfect program to get me back on track! Nothing else has worked for me until this program. Only 10 minutes a day and exercises I can actually do?! Can't beat that!

Emma Knight ★★★★★



ABS

2 LEVELS

NO EQUIPMENT NEEDED

PowerAbs 2.0



**IF YOU LOVED POWERABS,
YOU'LL GO CRAZY OVER POWERABS 2.0!**

ABOUT POWERABS 2.0

PowerAbs 2.0 introduces you to all new, even more challenging movements so that you will see ab-defining results faster.

Each workout is designed to burn even more calories through high intensity movements to fire up your 6-pack muscles and your obliques.

These more intense workouts will shape, shred, and define your core like no other.



The name (2.0) says it all! This is a FABULOUS program for those who aren't at the beginner level, but aren't quite at the elite level!...

I 100% recommend it!

Kelly Garrity-Haldeman ★★★★★

ABS

3 LEVELS

NO EQUIPMENT NEEDED

PowerAbs For Moms



BUY NOW



FOR MOMS WHO WANT THEIR ABS BACK!

ABOUT POWERABS FOR MOMS

PowerAbs For Moms is the program created especially for you to get your pre-baby abs back...in only 10 minutes a day!

PowerAbs for Moms specifically focuses on your ab muscles, glutes, and lower back muscles to firm and strengthen each of these important muscles in your body.

In 30 days, your abs will be firmer, your glutes will be tighter, and your lower back will be stronger.



I am a mother to twin boys and wanted to add more into my workouts and thought 10 minutes a day was definitely doable ... 30 days later the results were incredible! Not only did I have better balance, I had abs!!

I've never had abs, even before the twins!! So I was sold. I love PowerAbs because it easily fits into my hectic days!!! ... It's such a great program to burn fat, build strength, balance and so much more. I love that PowerAbs has become a part of my everyday life.

Rachel Bowles ★★★★★

ABS

3 LEVELS

NO EQUIPMENT NEEDED

Summer PowerAbs



BUY NOW



THE SECRET TO GETTING INSANE ABS FOR THE SUMMER!

ABOUT SUMMER POWERABS

I've taken my favorite, results-driven ab workouts and combined them for you in a series of fun and challenging, 10-minute *Summer PowerAbs* workouts designed to give you the abs you want to show off!

These 10 all-new workouts will challenge your body and push you in new ways to get results. That means you'll see tighter, sexier abs - right away!



All done with @karipearcecrossfit Summer PowerAbs!

After the results I got from PowerAbs, I just couldn't stop there. PowerAbs programming is amazing and I'm addicted! 😊

This is really amazing. I've never thought I could ever get abs!!! So thankful!!!

Janice Hager ★★★★★

ABS

2 LEVELS

NO EQUIPMENT NEEDED

PowerAbs With Patch



BUY NOW



**YOU'VE NEVER SEEN AN ABS PROGRAM
LIKE THIS!!**

ABOUT POWERABS WITH PATCH

PowerAbs with Patch brings the best core exercises used by the figure skating world and combines them with the best of the PowerAbs programs.

PowerAbs With Patch is dynamic, fun, and very different.

This 10 minute a day program will shred you faster than any abs programs you've ever done.

If you want the best-looking abs of your life, you'll love this program!



PowerAbs with Patch Day 30... Definitely feel stronger.

Loved LOVED this program!

Maybe going back to Extreme PowerAbs now and then "Patch-ing it up" again, or just returning to Patch once more. So FUN!

Doris Carmen Rusch ★★★★★



ABS

2 LEVELS

NO EQUIPMENT NEEDED

Extreme PowerAbs



BUY NOW

CAN YOU SURVIVE EXTREME POWERABS?

ABOUT EXTREME POWERABS

If you're ready to be pushed harder and get stronger, leaner, insane abs...give me 10 minutes a day and it will happen!

If your goal is stronger, leaner, ripped abs, the fastest, and the best way to get them is through the high-intensity workouts you'll do in *Extreme PowerAbs*.

Stay with it 10 minutes a day, and you'll be rewarded with insane looking abs in 30 days!



I'm a happy customer. Extreme PowerAbs were the worst 10 minutes of my life.

Dylan C. ★★★★★

PERFORMANCE

2 LEVELS

WITH EQUIPMENT

PowerAbs For Performance



BUY NOW



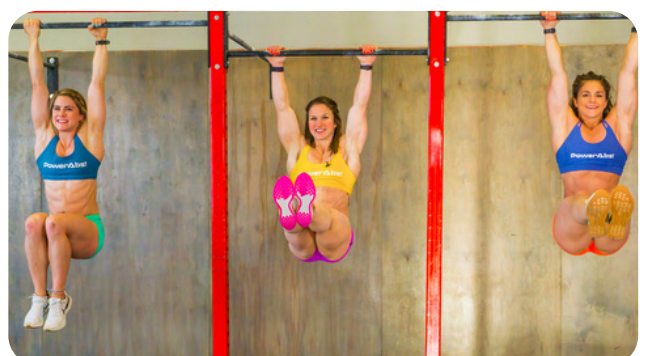
IMPROVE YOUR ATHLETIC PERFORMANCE IN ONLY 10 MINUTES A DAY!

ABOUT POWERABS FOR PERFORMANCE

Are you looking to become stronger, faster, and more explosive... all in only 10-minutes a day?

I've combined my decades of athletic knowledge and experience, with science to bring you 10-minute high-intensity core workouts that will improve your athletic results no matter what sport you compete in.

Each day in *PowerAbs For Performance*, you will workout with Alison Scudds, Kelly Stone, and I to combine static and dynamic movements, while continuously engaging your core in each 10-minute high-intensity workout that will make you stronger, faster, and more explosive.



GLUTES

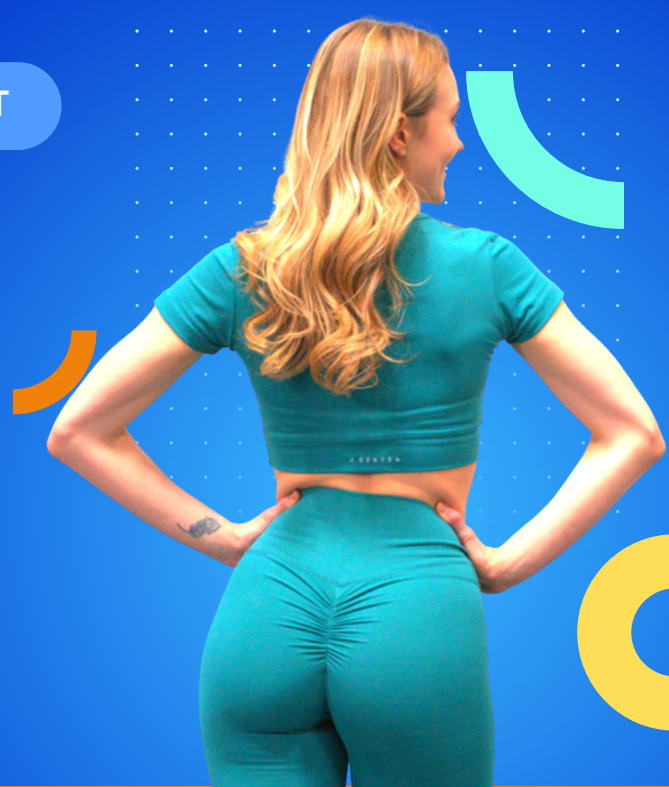
2 LEVELS

NO EQUIPMENT

PowerGlutes



BUY NOW



**TIGHTEN, FIRM, AND LIFT YOUR
GLUTES... IN ONLY 30 DAYS!**

ABOUT POWERGLUTES

It is absolutely possible to tighten, firm, and lift your glutes in only 10 minutes a day and get your glutes to look better than they ever have in your life!

PowerGlutes is scientifically designed to combine the very best glute activating movements and exercises available with no weights needed.

You'll move your booty in untraditional ways to develop and enhance your curves naturally for real results... guaranteed!



I have 5 children and I work so it's hard for me to fit in a workout that's lengthy so these programs have been perfect for me.

It's hard to tell when we look at ourselves each day to see the progression, but my husband snapped a picture at the beach yesterday and I compared it to last summer and I have to say I do see a difference. Thank you PowerGlutes.

Maureen Harker ★★★★★

GLUTES

2 LEVELS

WITH EQUIPMENT

PowerGlutes Plus!



BUY NOW



**TIGHTER, PERKIER, AND FULLER
GLUTES IN ONLY 10 MINUTES A DAY!**

ABOUT POWERGLUTES PLUS!

PowerGlutes Plus! Introduces new, fun combinations using resistance bands that will give you that glute burn (and results!) you're looking for.

Just like *PowerGlutes*, *PowerGlutes Plus!* moves you through a series of blended, continuous contractions designed to engage your glute muscles in ways you haven't before.



I'm finishing the second week of PowerGlutes Plus! after doing three rounds of PowerGlutes. I loved PowerGlutes and really could feel it working. I was determined to trust the process and really focus on the moves. I'm here to say I can definitely feel it this week. You really have to focus on your form, slow down the moves, push through the resistance to do the work (don't just stop when you hit resistance), and make sure the bands are positioned mid thigh. I urge everyone to stick with it and put in the work. Here's to firming and lifting!

Tracy Newman ★★★★★

ARMS

3 LEVELS

EQUIPMENT RECOMMENDED

Summer PowerArms


[BUY NOW](#)


DEFINE, TONE AND SCULPT YOUR ARMS IN ONLY 10 MINUTES A DAY!

ABOUT SUMMER POWERARMS

Summer PowerArms will tighten your arms, shape your shoulders, and also firm your upper back!

This means no more “flappy arms” and no more “bat wings”.

Your arms and shoulders will not only look great, your entire upper body will be sleeker, stronger, and more defined than ever before!

Summer PowerArms introduces new movements, varies the intensities of the workouts, and maximizes your results in only 10 minutes a day.



DAY 1

DAY 30

...The results were much better than I imagined. As a person that doesn't have a lot of time to work out, the 10 minute a day format is perfect for me. There are different levels so literally anybody can fit the workouts to their capabilities. The exercises are fun, challenging, easy to understand and I could feel the progress happening from one week to the next.... I have much more strength now and will definitely go through Summer PowerArms again to see how much farther I can get.

Lorraine Armgardt ★★★★★

LEGS

2 LEVELS

NO EQUIPMENT NEEDED

PowerLegs



BUY NOW



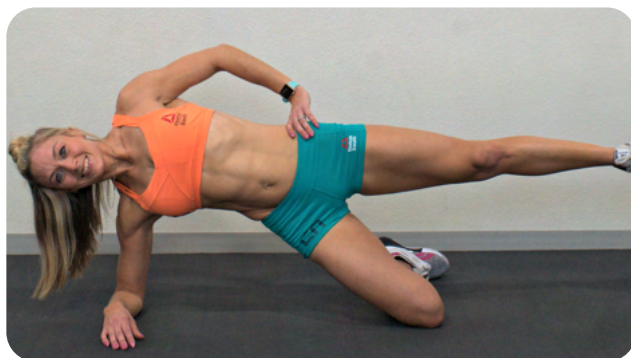
**THE SECRET TO GREAT LOOKING LEGS...
IN ONLY 30 DAYS!**

ABOUT POWERLEGS

PowerLegs will get your legs toned, strong, and defined like no other leg program... in only 30 days!

PowerLegs moves you through a series of blended, continuous contractions designed to engage your leg muscles, especially those inner thighs, hamstrings, and saddlebags, in ways you haven't before.

Each 10-minute workout is designed to burn fat and sculpt insane definition, while working every muscle in your lower body, from your quads to hamstrings to your thighs to calves...with no equipment needed.



I have to say just one thing - I love love love PowerLegs. Every single day of it. And boy oh boy, does it leave you sore or what!! I do a little extra warm and cool down just to reduce the soreness and that helps. Despite it, I have to say this is one of the best program for legs. And I really look forward to each day of it. Kari Pearce, Rachel Bowles and team, Thank you for creating this amazing program!



Dilpreet Kaur Bedi ★★★★★

FULL BODY

2 LEVELS

NO EQUIPMENT NEEDED

PowerStretching



BUY NOW



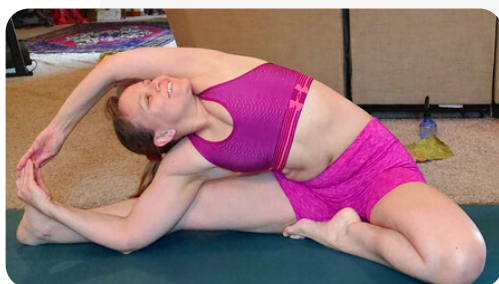
HOW WOULD YOU LIKE TO BE ABLE TO STRETCH LIKE THIS???

ABOUT POWERSTRETCHING

PowerStretching is scientifically designed to combine the very best stretching movements and flows with no weights or equipment needed to yield amazing results.

Each day you'll follow our carefully planned program based on Joli and Alexi's years as Cirque du Soleil dancers, gymnasts, performers, and yogis.

If you're looking to learn how to gain flexibility and even possibly eliminate your daily aches and pains, all the while learning from world-class instructors, *PowerStretching* is the answer.



The PowerStretching sequences are a wonderful compliment to PowerAbs, PowerLegs, PowerArms, etc! They help develop balance and flexibility, and I find that they work very well as a warm-up or cool-down to the other Power workouts!

Wendy Martelle ★★★★★

HANDSTAND

ALL LEVELS

NO EQUIPMENT

Power Handstands Course



BUY NOW



**LEARN HANDSTANDS FASTER
WITH KARI AND ALISON SCUDDS!**

ABOUT POWER HANDSTANDS

Through a series of 5 lessons, I will teach you the exact steps you need to take to not only get up into a wall-assisted handstand position but how to continue to build your strength to progress all the way to doing handstand walks!

Each video in the course focuses on one building block as you master each step towards your handstand walk.

In each lesson, I will teach you the exact body positions and movements needed to be successful with each handstand variation.

In addition to that, I will show you my top tips and key things to focus on for each progression!



ABS

2 LEVELS

NO EQUIPMENT NEEDED

Partner PowerAbs!



BUY NOW



**IMAGINE YOU AND YOUR PARTNER
HAVING 6-PACK ABS IN 30 DAYS?**

ABOUT PARTNER POWERABS!

My 10 Minute, High-Intensity Workout
Program For You and Your Favorite
Workout Partner.

If you're ready to go after those rock-solid abs, and want to have a blast while doing it, grab your best friend, work-out with me 10 minutes a day, and it will happen!

Partner PowerAbs takes the best abs workouts and adds a twist - fun, dynamic, partner movements. You'll jump over each other, roll under each other, balance each other, encourage each other, and laugh your way to great looking abs!



ARMS

ALL LEVELS

EQUIPMENT NEEDED

Perfect Pull-Up!



BUY NOW



**IMAGINE DOING YOUR FIRST PULL-UP
IN 30 DAYS... GUARANTEED!**

PERFECT PULL-UP

10 Minutes a Day To Your First Pull-Up

You Can Do Regular Pull-Ups!

- Not with bands!
- Not with assistance!
- Not jumping pull-ups!

I'm talking about strict, unassisted pull-ups!

I will teach you...

- how to target specific body parts and strengthen your upper body, especially your back, arms, and shoulders to make pull-ups easier

- tips on how to best position yourself

- the importance of hand grips. I'll teach you which grips to use, why to use them, and how to correctly use them to make your pull-ups easier.



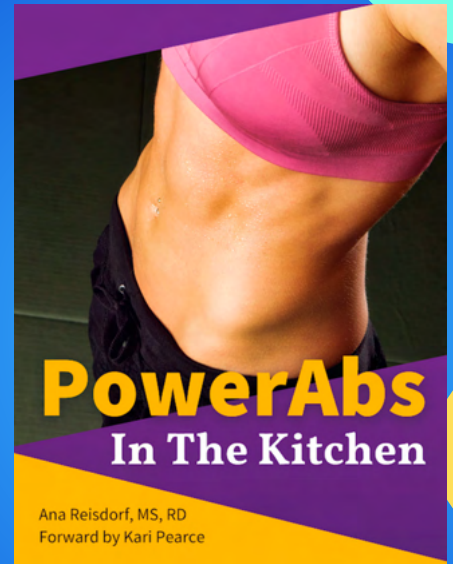
DELICIOUS RECIPES

EASY TO MAKE

SHOPPING LIST INCLUDED

PowerAbs In The Kitchen

BUY NOW



**THE BEST MEAL PLAN FOR 6-PACK ABS...
OVER 10,000 COPIES SOLD!**

ABOUT POWERABS IN THE KITCHEN

PowerAbs in the Kitchen is the perfect combination with the Power programs to help you reach your fitness goals faster, and lose weight while becoming healthier.

My online book, *PowerAbs In The Kitchen* contains over 75 healthy, simple-to-follow, easy to make, delicious recipes to help you see the most dramatic results you can while you're doing the Power programs.

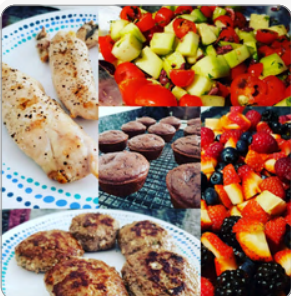
It's the meal plan that will fit into your life even when you aren't working out!

In fact, I believe *PowerAbs In The Kitchen* will become your personal meal program for the rest of your life!



"OMG this is AMAZING!!!! And quick to make!
#powerabsinthekitchen!!!!
- Simple curried quinoa with grilled shrimp

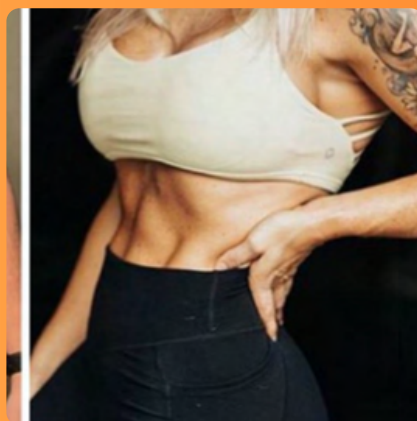
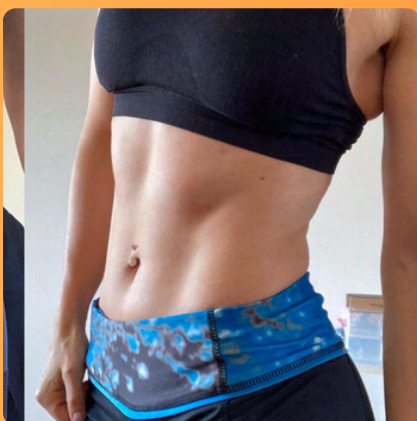
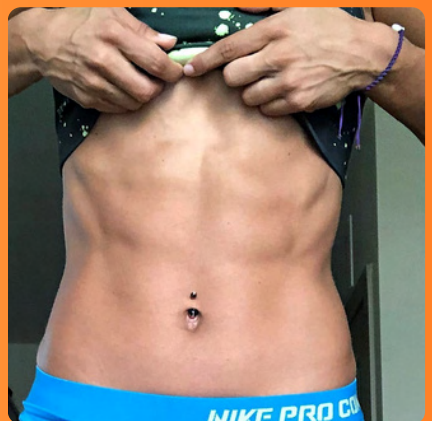
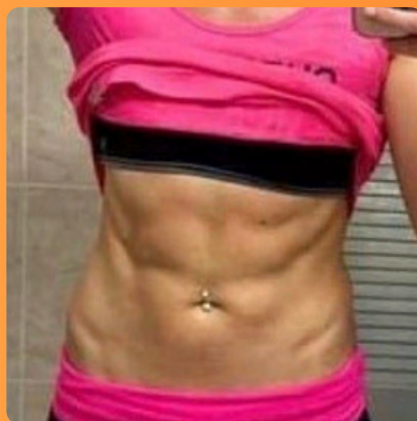
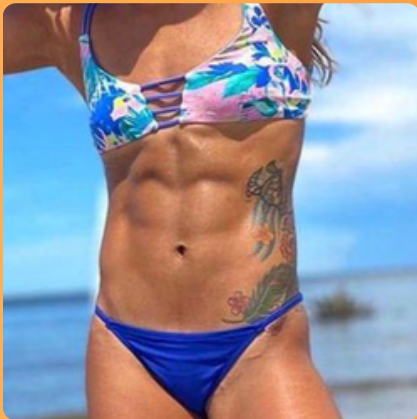
Paulene Fitchett ★★★★★



Meal prep Sunday! "Power Abs in the Kitchen" Mediterranean burgers & chicken and salad (will have avocado with it!) berries & choc choc chip protein muffins (my recipe--- pic in comments. As for the chips, I use Ghirardelli dark choc chips and I put 5 in each muffin!) Have a great day everyone!

Erin Chmielewski ★★★★★

Real People, Real Results!





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PowerAbs!



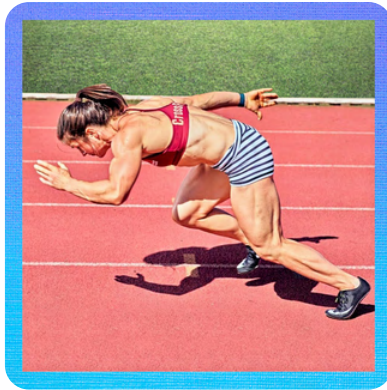
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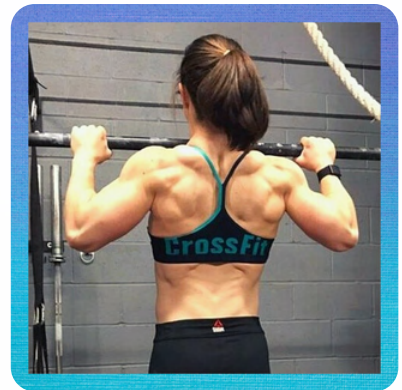
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